

## ABSTRACT OF THE DISCLOSURE

A laminated channel including an inner metal layer and outer plastic layers, preferably ultra high molecular weight polyethylene, adjacent opposite surfaces of the metal layer. The plastic layers are joined to one another with plastic portions extending  
5 through holes in the metal layer and at the metal layer perimeter longitudinal edges and end edges. Preferably, the plastic layers are molded around the metal layer thereby integrally forming the plastic portions extending through the holes and the plastic edge portions, and thereby also joining the plastic layers to one another with the metal layer therebetween. Preferably, the longitudinal and end edges of the inner metal layer are  
10 enclosed by the outer plastic layers and the plastic edge portions. The joined metal and plastic layers are then cold formed or bent together between the longitudinal edges for thereby forming the laminated channel. The plastic portions through the metal holes and the plastic edge portions maintain the outer plastic layers adjacent the metal layer both during and after the bending and forming of the channel.